



Typical Attachment

Newborn - 1 Year

- *Makes eye contact to explore facial expressions of others*
- *Smiles at others talking to him / her*
- *Watches others to see their reactions*

1 -2 Years

- *Aware of themselves and their ability to make things happen*
- *Enjoys physical contact (cuddles, tickles)*
- *Likely to be afraid of strangers*

2 -3 Years

- *Separates from parents in familiar surroundings without crying*
- *Adapts to new settings and people with some assistance*
- *Feels comfortable playing away from caregiver*

For More Info, Visit

www.earlychildhood.dhw.idaho.gov
www.zerotothree.org
www.understood.org

ATTACHMENT



Attachment is the emotional bond between a child and parent / main caregiver. It provides an early foundation for how relationships work and what the child can expect from others.

When this bond is formed, children have:

- A base from which to control their negative emotions in stressful situations
- Ability to recognize their own feelings and those of others
- Confidence to explore the world around them



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Without Healthy Attachment, Children...

- May not turn to main caregiver when upset and may be unable to self-soothe at around 1 year old
- May avoid being touched or comforted
- May not smile or respond when interacting with an adult
- May not show affection towards parent or caregiver
- May not show distress in situations where you might expect her to
- May not play with toys or play interactive games with others
- May behave aggressively



What You Can Do to Help

- Allow child to lead activities and follow his or her interests
- Play interactive games together such as Patty Cake
- Imitate child's vocalizations, expressions, and sounds